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Feature Stories



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Christmas Globally

BABITA SPINELLI

America's Psychotherapist of the Year

DEC2022





THE GLOBAL
ICONS
2022

BABITA SPINELLI
America's Psychotherapist of the Year



Babita Spinelli
featured in

Los Angeles Times

Leadership in The Workplace



In the ever expanding realm of performance coaches and consultants, Babita Spinelli is the real deal. Recipient of prestigious awards from ‘Psychotherapist of the Year’ to ‘Outstanding Leadership Award’, Babita is a globally acclaimed Psychotherapist, Relationship Expert, Performance Coach, Mental Health Consultant, and Keynote Speaker.

A versatile super achiever, she’s also a former Wall Street lawyer and corporate honcho. “In the early 1990s, I obtained my law degrees from Temple University’s James E. Beasley School of Law and went on to practice law and corporate consulting at a Big 4 firm. At some time during my career, I struggled in my personal life and, although extremely successful in Corporate America, found myself feeling

unfulfilled both personally and professionally.”

Babita thus decided to seek therapy and coaching to make sense of her challenges, and create a healthier, happier version of herself. Through this process, she realized her true calling was being a psychotherapist and helping people make positive differences in their lives.

Some of Babita’s core work areas are - therapy for high stress professionals, divorce recovery, lawyer support, executive coaching, and relationship/couples coaching. She uses a variety of treatments and action-oriented tools that move individuals forward to healthier versions of themselves personally and professionally. With corporations and law firms, she develops business

strategies focusing on mental health, wellness, and human relationship dynamics.

Support from both professional resources as well as her own hardwork and investment in the process, has brought Babita to where she is today – Founder of two thriving companies that serve others and align with her values and passion. She is the Founder/CEO of ‘Opening the Doors Psychotherapy’ - her therapy private practice, and ‘Babita Spinelli Group’ - her consulting, speaking and coaching firm.

“I like to say that I’m in the transformation and mental health business. My business portfolio revolves around transforming people and organizations in the mental health and wellness space. Each of these businesses offers services that help individuals create positive, healthy

changes within themselves and their relationships.”

As an executive in Corporate America, Babita recognized the need to create services to help people understand and break the unhealthy patterns and barriers that have held them back, while also building and utilizing tools to lead their lives as the best version of themselves. Her experience in the corporate world provided her with insight on the challenges faced by leadership and high stress professionals who are trying to find balance and well-being, professionally and personally.

Sharing her thoughts on the modern phenomenon of the ‘rat race’, she says, “Part of the challenge I see in most of my clients is the fast-paced world we live in. I help people learn to slow down, be mindful, and intentionally create the life they want to live.”

Babita has always been passionate about creating positive change in the world, even though her platform has shifted over the years. She went to law school determined to make a difference in larger systems like Fortune 100 corporations. Now she feels most fulfilled when she witnesses the deep and meaningful change in people and organizations that coaching and therapy can bring about.

FEATURE STORY

“As a psychotherapist and executive coach, I firmly believe that we are always growing, and developing. We never reach the end of our learning – it is a lifelong journey that each of us is on. I’m blessed to be able to learn from my clients every single day. That’s something people don’t realize about psychotherapists — we’re learning just as much from our clients as they’re learning from us. And as I express to my clients, every single challenge, every single disappointment, every single time we feel like we failed, is an opportunity to learn more about ourselves.”

A charming blend of competent and compassionate, Babita has many international awards and honours to her credit:

- 2022 Prestige Awards for National Psychotherapist of the Year
- Outstanding Leadership Award 2022 in the Health 2.0 Global Conference

- 2019 New York Psychotherapist Award, only one in its category
- Named Top 12 Most Inspirational Women to look out for in 2022 by The New York Weekly Times official list
- Named the Top 14 Game Changing Influencers in 2022
- Named the Top 20 Life Coaches to look out for in 2022 in the NYC Journal
- Featured as A Global Female Leader/Author in the recently launched #1 best-selling book on amazon – A Woman’s Guide to Business Domination.

In addition, she has been featured in over fifty media outlets as an expert in the field of mental health including Forbes, Bloomberg, Business Insider, Newsweek, Oprah Magazine, Huffington Post, Washington Post, Men’s Health, and Mind Body Green. She has been a speaker at



New York Weekly Times

TOP 12 MOST
INSPIRATIONAL
WOMEN TO LOOK OUT
FOR IN 2022-
THE OFFICIAL LIST

Babita Spinelli

SXSW, featured on television networks as an expert on ABC, NBC, and done various podcast interviews.

With pride, she tells us that it is her clients who inspire her to push herself every single day, just as they push themselves. Discussing her plans for the future, she shares, “My desire is to continue building my businesses to maximize the accessibility of my services and help change as many lives as possible. I do this through my keynote speaking and organizational consulting, and my goal is to expand my business portfolio into more products and services to be able to extend support to a much wider database.”

Babita's deep understanding of the human psyche and her ability to incite a person to positive action has made her a highly regarded thought leader. As someone who works with leadership every day, her take on leadership is interesting as well as inspiring: "I feel leadership happens at all levels and not just for those who work in 'defined' leadership positions. It is also being a leader within ourselves. Leading our own lives optimally. Leadership is also multifaceted, creating both leaders and followers – it is inspiring and empowering people, helping them succeed, showing up and stepping up for a better tomorrow. A 'good' leader focuses on self-awareness, effective communication, developing relationships through empathy, authentic listening, consistency and being present. Finally, from my view, a leader empowers, influences and helps others to become the best version of themselves."

